

Whitewater Open Canoe Class II-III Tandem & Solo Playboating (Level 2)



CALL FOR CUSTOMIZED COURSE DATES

HERE'S WHAT TO EXPECT:

Moving towards efficient communication and river play. Paddlers ready for this course feel comfortable in Class II whitewater and have the desire to polish eddy turns, peel outs and ferries on the river. We will review stroke basics on moving water then move into Class II and III whitewater. Surfing waves, playing holes, river reading, choosing a line and safety while running rapids will be covered in depth. Day trip planning and river rescues are also covered. High performance whitewater canoe designs and outfitting will be used to accelerate your learning and fun.

SKILL REQUIREMENTS:

Must be able to demonstrate a basic knowledge of strokes, braces, ferries, peel outs, eddy turns and self-rescue on class I whitewater.

WHERE:

This class will begin at 9am at the UMD Outpost in Carlton, Minnesota. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

COURSE INFORMATION:

Read the attached course outline to familiarize yourself with the skills that you will be learning.

EQUIPMENT:

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for items to bring for on water use.

FOLLOW UP:

Staff will be at the Outpost by 8:30am. Please call the Outpost if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Outpost phone # (218) 590-6667.

COST:

\$35 per hour for one person (four hour minimum) Also available as a one-day session for two or more paddlers at a rate of \$140 per person. A two day option is available for \$240 per person. All participants must complete the UMD Health Form and Liability Waiver.

Explore more with the Outdoor Program:

- Custom courses in Whitewater Open Canoe, call Randy at (218) 726-6177
- Fourteenth Annual St. Louis River Whitewater Rendezvous
July 23-25
- Swift Water Rescue
May 29-31

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

Whitewater Open Canoe Class II-III Tandem & Solo Playboating (Level 2) Course Outline

Day 1

- Introductions and expectations
- Equipment
- Canoe design
- Discuss whitewater options
- Depart for put-in
- Stretching
- Entry and exit
- Stroke development and maneuvering
- Communication
- River hazards and safety discussion
- Lunch on the river
- River reading
- Scouting
- Maneuvering
- Self and group rescues
- Introduction to play techniques (surfing waves and holes)
- Load trailer
- Return to Outpost

Optional Day 2

- Trip planning discussion
- Stretching
- Depart for put-in
- Warm up maneuvering
- Play techniques advancement
- Lunch on the river
- Run the river
- Advanced rescue techniques
- Students as river leaders
- Return to Outpost
- Course evaluations and closure

Course Objectives: Participants will learn how to:

- Identify common canoe outfitting techniques.
- Maneuver a canoe in tighter and tighter spaces.
- Communicate effectively with their partner to allow for front and side surfing.
- Scout class III whitewater.
- Safely rescue other paddlers in whitewater.

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Equipment List

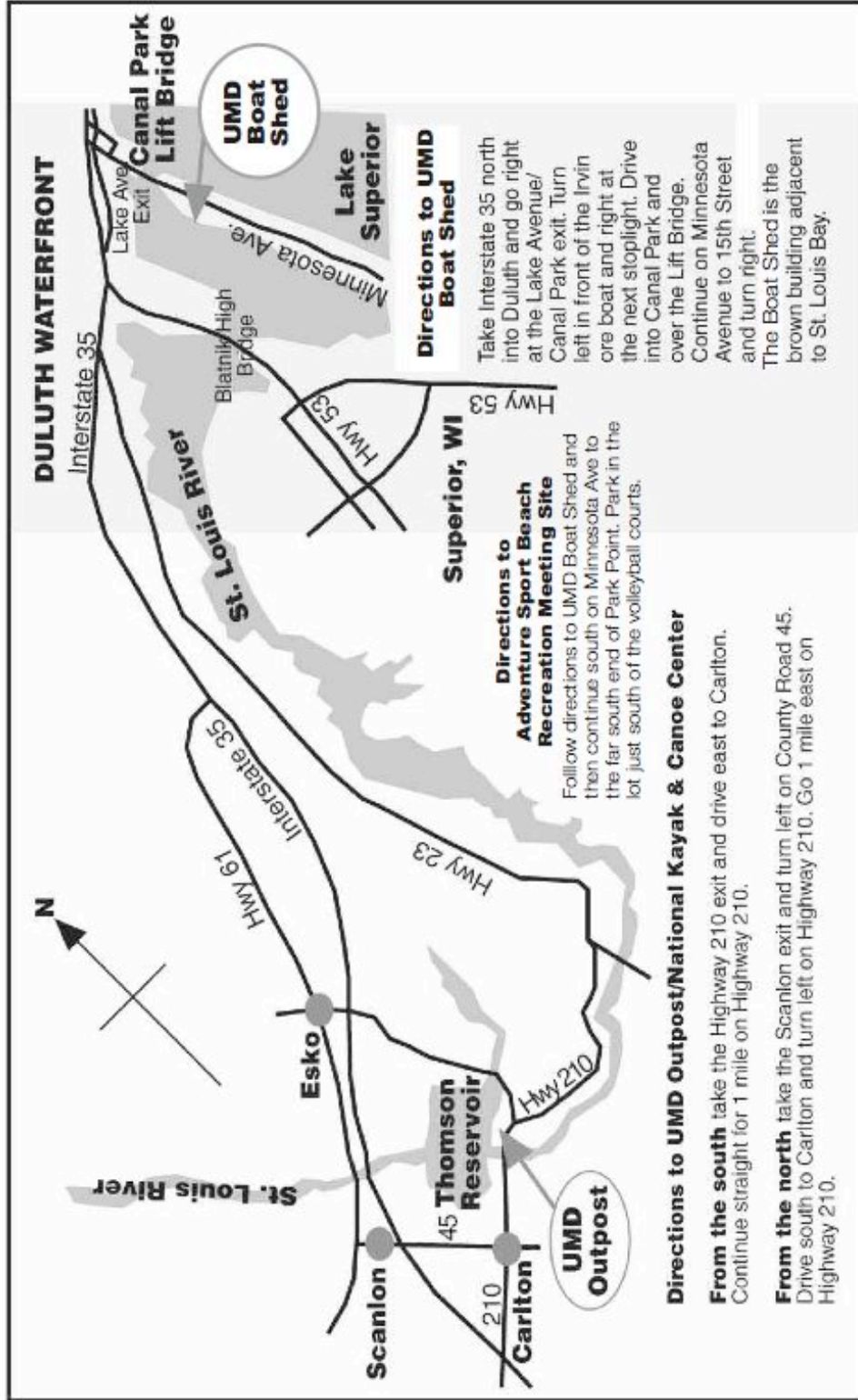
The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this course. Bring your whitewater kayak or canoe and accessories if you can. We will look at your equipment and provide additional safety and performance ideas. If you need to use our equipment please indicate this on your registration.

ITEMS WE FURNISH

- canoe
- life jacket
- helmet
- canoe floatation
- paddle
- whitewater rescue equipment
- wet suit & paddling jacket
- dry bags and maps
- first aid and repair kit

YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- notebook & pencil
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- footwear - 1 pair of thin soled neoprene booties or sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater



DULUTH WATERFRONT

Interstate 35
 Lake Ave. Exit
 Canal Park Lift Bridge
 UMD Boat Shed
 Lake Superior
 Minnesota Ave.
 Blainly High Bridge

Directions to UMD Boat Shed

Take Interstate 35 north into Duluth and go right at the Lake Avenue/Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Boat Shed is the brown building adjacent to St. Louis Bay.

Superior, WI

Directions to Adventure Sport Beach Recreation Meeting Site

Follow directions to UMD Boat Shed and then continue south on Minnesota Ave to the far south end of Park Point. Park in the lot just south of the volleyball courts.

Directions to UMD Outpost/National Kayak & Canoe Center

From the south take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

From the north take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

UMD Outpost

Scanlon
 Esko
 Thomson Reservoir
 Carlton
 210
 Hwy 210
 Hwy 23
 Hwy 61
 Interstate 35

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